



Friendship Heights

VILLAGE NEWS

FEBRUARY 2005

301-656-2797

VOLUME 19, NO. 9

see page 3



Broadway, MoMA and the Tenement Museum

Join us for two days in New York City when we visit the newly reopened Museum of Modern Art, the Lower Eastside Tenement Museum, and enjoy the razzle-dazzle Broadway hit, "La Cage aux Folles."

We will leave the Village Center **Tuesday, April 5**, at 7:30 a.m. and arrive in New York in time for lunch at Katz's Delicatessen, New York's oldest deli and the location of that famous scene in "When Harry Met Sally." Lunch will include your choice of sandwich, a side dish or salad, choice of dessert and beverage. Following lunch, we'll visit the nearby Tenement Museum for a guided tour. Created in 1988, the museum features exhibits focusing on urban immi-

grant life on New York's Lower East Side. We'll visit the "living history" apartment of a Sephardic Jewish family and play the parts of newly arrived immigrants. You may even want to fox trot to the wind-up Victrola!

After checking into the Novotel, our home for the night, there will be time for a short rest before departing to dine at the View Lounge, New York's only revolving rooftop restaurant. The buffet will include pasta, salads, meatballs or short ribs, breads and cheeses, all sorts of desserts, and a glass of wine or cocktail.

And then on to the show! The original Broadway production of "La Cage aux Folles" won six Tony



Awards including Best Musical. There are a few new lyrics and writing, but mostly this is the same wonderful story of a couple together for 20 years, concerned for their son-with one small twist. Television actor, Daniel Davis, plays Georges and Gary Beach, best known as continued on page 3

Hexagon—Celebrating 50 years of fun

This year, as Hexagon celebrates its golden anniversary, its members are poking fun at the Washington establishment in "Hexagon at 50: With Levity and Jest for All." Join us as we watch this talented team during a preview night on **Wednesday, March 9**, at the Duke Ellington Theater in Georgetown

Each show is original, with Hexagon members writing the scripts, lyrics and music; performing; playing in the orchestra; designing the sets; and handling all the backstage activities such as lights, props, makeup and costumes. Each year proceeds go to a local charities. This year's beneficiary is The Friends of Hexagon.

We'll leave the Village Center at 7 p.m. and should return around 11. The cost of the trip is \$28 and includes ticket and transportation. Sign-ups for residents begin immediately. Nonresidents may sign up beginning Feb. 14. The deadline to sign up is March 3.

Last shot at a shot

Friendship Heights has been fortunate to be able to offer nearly 500 flu shots this winter. Thanks to the Visiting Nurses Association and the wonderful volunteers from the Village, flu vaccine has been administered at the Center on three dates in December and January. To make sure we reach everyone, a final clinic will be held **Friday, Feb. 11, from 10 a.m. to 2 p.m.**

- Shots will be given to people 50 years or older (bring a continued on page 2

We're going to the Circus... see page 2

CHILDREN'S PROGRAMS



It's Circus Time

Discover the magic of a big top circus when we go to the Ringling Bros. and Barnum & Bailey Circus at the MCI Center for a special children's performance on **Thursday, March 24, at 10:30 a.m.** We'll depart from the Village Center at 9:15 a.m. and take the Metro to the MCI Center (Metro fare not included). This performance, designed for school groups, is offered at a significant discount over the regular price. Pay just \$10 per ticket. There are 33 tickets available. Children must be accompanied by an adult. Sign up immediately at the Village Center.

Want to come and play?

The Village Center offers a weekly Village Playtime for pre-school children every **Thursday from 11 a.m. to 4 p.m.** In addition to puppets, games, toys, tunnels and a combination grocery-theater-and post office, we also offer songs and stories on select weeks. Village playtime is a free drop-in open house in the auditorium of the Village Center. Children of all ages are welcome, but toys are most suitable for children from one to five years of age. Children must be accompanied by a family member or caregiver over the age of 13.

Flu Shot, continued from front cover

photo i.d.) or anyone with a long-term health problem (bring a note from your doctor).

- Cost is \$26 (cash or check payable to Visiting Nurses Assoc. only)
- Individuals with Medicare Part B or Medicaid will not be charged (bring your card)

You must have an appointment to receive a shot.

Call 301-656-2797 to register. Flu season lasts through March—protect yourself!



Friendship Heights VILLAGE NEWS

www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the March issue is February 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

New York Trip, continued from front cover

Director Roger DeBris in the original cast of "The Producers," plays Albin. New York Times critic Ben Brantley calls this flamboyant musical "a big Broadway extravaganza with a vivacious chorus of long-stemmed beauties and two bright stars" with a "Rockette kick line and the madcap precision tapping of Busby Berkley- and that's just in the opening number."

Wednesday morning, we'll enjoy breakfast at the hotel before boarding the bus. You'll have an hour and a half of free time to spend shopping along Fifth or Madison Avenue, or exploring the American Folk Art Museum, Rockefeller Center, or St. Patrick's Cathedral. Then we'll regroup for our guided tour of the MoMA. Designer Yoshio Taniguchi has created an elegant structure that enhances the museum's exhibits, considered the world's leading collection of contemporary art. Following the highlights tour, there will be ample time to roam around and purchase lunch in one of MoMA's several restaurants (on your own). We'll depart mid-afternoon and arrive back in the Village by dinnertime.

The cost for the trip before Feb. 15, which includes transportation, lunch at Katz's, admission to the Tenement Museum and MoMa, dinner Tuesday evening and a seat in the Orchestra at "La Cage," hotel accommodations and breakfast, all taxes and gratuities, is \$429 (single supplement is \$101). Residents and one guest may sign up immediately; nonresidents may sign up Feb. 7. After the 15th, the cost goes up to \$454. A \$200 deposit is due at sign-up; the balance is due March 15. A refund is available only if your space can be resold. There are 25 spaces available.

This trip involves walking in the museums—there are nine steps into the Tenement Museums.



Still space for the Spy Museum

See the International Spy Museum on **Tuesday, Feb. 15**, when we visit one of the most popular museums in Washington. During your self-guided tour, you can adopt a cover identity, discover the tools of a spy's trade, uncover the stories of famous men and women who lead double lives, and learn about various intelligence gathering techniques during the 20th and into the 21st centuries.

Before our tour, we'll dine at Zaytinya, one of Washington's newest and most talked-about Mediterranean restaurants, where we'll enjoy a selection of appetizers, choice of chicken or falafel sandwiches, dessert and beverage.

We'll depart from the Village Center at 10:45 a.m. and should return by 4:15 p.m.

The cost of the trip, which includes admission to the Spy Museum, lunch, transportation, and all taxes and gratuities, is \$60. Sign ups for residents and one guest begin immediately at the Village Center.

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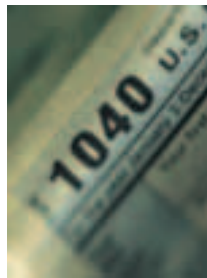
Tax assistance begins this month

Free tax assistance will be available again this year at the Friendship Heights Village Center. Federal and Maryland tax counseling will be offered on Fridays from **February 4 to April 15**.

The IRS-AARP-Montgomery County tax program will be held every Friday from **9 a.m. to noon and 1 to 4 p.m.** This service is available to anyone who has uncomplicated returns. An appointment is required; no walk-ins will be accepted. Please call 301-468-4179 between 9 a.m. and 3 p.m. weekdays to schedule an appointment.

Get your tax forms here!

2004 Federal income tax forms are available at the Center for copying and filing with the IRS. Search the index by subject or form number, and a staff member will make a copy for you. Normal copying charges apply. Call the Center in advance at 301-656-2797 to make sure the form you need is available.



VILLAGE CLASSIFIEDS

For Rent

Parking space at the Elizabeth. G2 level, next to elevator and door. \$65 per month, available from Feb. 1, 2005. Call Ruby at 202-746-3397.

Apartment in Willoughby, 2 BR/ 2 BA, separate DR, dishwasher, microwave, balcony, 11th floor North, parking space, available now. \$1850 per month, including utilities. One month's security deposit. Contact: 301-654-5227; cell: 202-320-8987

Art Class

Classical drawing/painting, weeknights on N. Park Ave. www.RussBogdan.com 202-445-0984

Portraits

Commissioned paintings by Russ Bogdan, N. Park Ave studio. www.RussBogdan.com , 202-445-0984

Volunteers Needed

Volunteers wanted at Brighton Gardens Assisted Living for Seniors for the following: leading current events discussions, giving lectures on various topics of interest, leading a men's poker game or chess. For more information, call Terri Adams at 301-656-1900, ext. 228.

*M*ehmet has over 21+ years real estate experience in the Washington Metropolitan Area, he is a resident in the center of Friendship Heights at 4620 North Park Avenue, his care and concern for the real estate value of your neighborhood and his, makes his neighborhood knowledge a tremendous asset to those at Friendship Heights.

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A real life search for hidden treasure

Washington journalist Warren Getler will discuss his book, *Rebel Gold: One Man's Quest to Crack the Code Behind the Secret Treasure of the Confederacy* at the Village Center on **Thursday, Feb. 10, at 7:30 p.m.**

Mr. Getler's book contains all the elements of a great mystery novel: buried treasure, secret societies, maps and codes — even Jesse James. But it's all non-fiction!

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.



Chevy Chase author to speak at Center

Chevy Chase writer, Malcolm Lawrence, will discuss his witty memoir, *Something Will Come Along*, at the Village Center on **Monday, Feb. 7, at 1 p.m.**

Mr. Lawrence is a self-made man who has been a professional drummer, combat airman, freelance writer and editor, civic activist, and radio commentator. And those are just some of his trades. His book tells of his childhood in Washington and his adulthood as a Foreign Service Officer and the father of nine.

Register for this talk by calling 301-656-2797. Copies of the book will be available at a 20% discount.



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PLAYING on the BIG SCREEN

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Thursday, Feb. 3, 7:15 p.m. — Shall We Dance?

Richard Gere plays John Clark, a workaholic Chicago lawyer, who despite a respectable paycheck and loving family, is unable to shake the feeling that something in his life is missing. On a whim, John attends a dance class in hopes of meeting Paulina, played by Jennifer Lopez, a beautiful dance teacher. Though Paulina quickly puts to rest any preconceived romantic notions John may have had about her, she nonetheless forms a bond with him. John focuses his newfound enthusiasm on training for an upcoming dance competition; however, he chooses not to let his wife in on his plans. Unaware that dance may be, in fact, saving her marriage, John's wife becomes suspicious of the time he spends away from home. Ultimately, John is forced to examine how his old dreams fit into his new life. Also stars Susan Sarandon. Rated PG-13. Running Time: 106 minutes.

Thursday, Feb. 10, 7:30 p.m. — Booksigning with Warren Getler, see page 5 for details.

Thursday, Feb. 17, 7:30 p.m. — Café Muse, see page 14 for details.

Thursday, Feb. 24, 7:15 p.m. — The Notebook.


This adaptation of Nicholas Sparks' best-selling novel revolves around Noah Calhoun's regular visits to a female patron of an area nursing home. During these visits, Calhoun reads from an old, faded notebook containing the sweeping account of a young couple whose love affair was put to a halt after their separation during World War II. Seven years later, the couple was reunited, and, despite having taken radically different paths, they found themselves unable to resist a second chance. Stars James Garner and Gena Rowlands. Rated PG-13. Running Time: 126 minutes.

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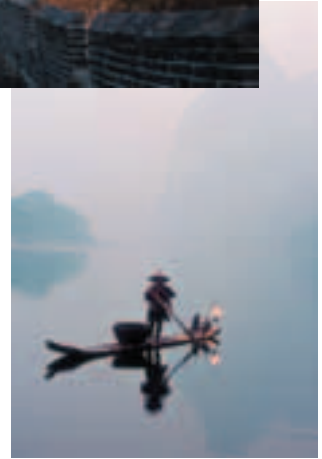
FRIENDSHIP GALLERY

The American Art League to exhibit at Friendship Gallery in February

The American Art League is an organization of professional artists in the Washington area and was established more than 100 years ago. Its members work in watercolor, mixed media, oils, pastels, acrylic, photography, and printmaking, and have exhibited extensively.

The League's exhibit at Friendship Gallery begins Feb. 2 and runs through Feb. 28. The public is invited to meet the artists at a reception on **Sunday, Feb. 13, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.

All photographs are by Charles F. Lee.
"Village Elder," "Great Wall of China,"
Li River Fisherman."



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Friendship Heights
Village Center



Calendar
of Events 2005

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	2 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Sounds East	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Shall We Dance?	4 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	5 8:15 a.m.: Walking Club
6 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	7 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: “Something Will Come Along” Malcolm Lawrence 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Health Insurance Counseling 1 p.m.: Suburban 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Spice of Life	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30: Book signing with Warren Getler	11 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m. – 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	12 8:15 a.m.: Walking Club
13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	14 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:45 a.m.: Depart for Spy Museum 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 4 p.m.: Concert: Silver Strings	16 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 1:30 p.m.: Vision Transitions 7:30 p.m.: Concert: The May Knott Trio	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30 p.m.: Café Muse	18 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Marjorie Spector	19 8:15 a.m.: Walking Club
20 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 President’s Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	23 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 12 p.m.: African-American History Month Program 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Kristin Jepperson	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:15 p.m.: Movie: The Notebook	25 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	26 8:15 a.m.: Walking Club
27 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: “The Oscars” with Murray Horwitz					

Celebrate African-American History Month

The U.S. Parole Commission will host its 12th Annual African-American History Month program at the Village Center on **Wednesday, Feb. 23, at 11:30 a.m.** The theme of this year’s program is “The Niagara Movement.” All are invited to attend; registration is not necessary.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

February’s special lunch, prepared by Sherise Campbell of Brighton Gardens, will be held on **Friday, Feb. 18, at 12:15 p.m.** The menu will be sweet and sour meatballs, wild rice, buttered peas, salad, and cherry pie for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Feb. 16.

After lunch, please stay to enjoy pianist Marjorie Spector in concert at **1 p.m.** She will perform an interactive program entitled “A Stroll Along Broadway,” highlighting various musicals.



Friendship Heights
Village Center



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6 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	7 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: “Something Will Come Along” Malcolm Lawrence 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Health Insurance Counseling 1 p.m.: Suburban 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Spice of Life	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30: Book signing with Warren Getler	11 9 a.m.- 12 p.m.: AARP Tax Assistance 10 a.m. – 2 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	12 8:15 a.m.: Walking Club
13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	14 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:45 a.m.: Depart for Spy Museum 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 4 p.m.: Concert: Silver Strings	16 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 1:30 p.m.: Vision Transitions 7:30 p.m.: Concert: The May Knott Trio	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30 p.m.: Café Muse	18 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Marjorie Spector	19 8:15 a.m.: Walking Club
20 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 President’s Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	23 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11:30 a.m.: African-American History Month Program 1 p.m.: Conversational Spanish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Kristin Jepperson	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:15 p.m.: Movie: The Notebook	25 9 a.m.- 12 p.m.: AARP Tax Assistance 10:30 a.m.: Coffee and Current Events 1 p.m. to 4 p.m.: AARP Tax Assistance	26 8:15 a.m.: Walking Club
27 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: “The Oscars” with Murray Horwitz					

Celebrate African-American History Month

The U.S. Parole Commission will host its 12th Annual African-American History Month program at the Village Center on **Wednesday, Feb. 23, at 11:30 a.m.** The theme of this year’s program is “The Niagara Movement.” All are invited to attend; registration is not necessary.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

February’s special lunch, prepared by Sherise Campbell of Brighton Gardens, will be held on **Friday, Feb. 18, at 12:15 p.m.** The menu will be sweet and sour meatballs, wild rice, buttered peas, salad, and cherry pie for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Feb. 16.

After lunch, please stay to enjoy pianist Marjorie Spector in concert at **1 p.m.** She will perform an interactive program entitled “A Stroll Along Broadway,” highlighting various musicals.



CLASSES and CLUBS

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

BONES FOR LIFE (Daytime)

Improve posture, sense of balance and promote healthy bone renewal. You'll perk up with relaxation and breathing techniques, based on Moshe Feldenkrais's teachings. The 6-week series meets Thursdays from 11:30 a.m. to 1 p.m., Cost is \$50. Begins March 17. The instructor, Hedy Ohringer, is certified in the Feldenkrais method and Bones for Life. Session ends April 21.

BONES FOR LIFE (Evening)

Improve posture, sense of balance and promote healthy bone renewal. You'll perk up with relaxation and

breathing techniques, based on Moshe Feldenkrais's teachings. The 6-week series meets Thursdays from 7 to 8:30 p.m., Cost is \$50. Begins March 17. The instructor, Hedy Ohringer, is certified in the Feldenkrais method and Bones for Life. Session ends April 21.

CHINESE BRUSH PAINTING—

A 10-week class, taught by Helene Sze McCarthy, begins March 17. Meets Thursdays from 1 to 3 p.m. Cost is \$80. Session ends May 19. A minimum of six students is required; the maximum is 10.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins on Feb. 28. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends May 9 (there will be no class on March 7).

MAT PILATES

A 6-week session begins Feb. 22. Meets Tuesdays from 7 to 8 p.m. The cost is \$65 for residents and \$75 for nonresidents. Pilates is not recommended for pregnant women or those who have compromised spinal conditions. Instructor Ginger Russell has been certified in Pilates Matwork Exercises by the

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PORTRAITURE IN PENCIL AND PASTEL

This 6-week class is taught by Marianne Winter and begins March 2. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil

or pastel to the first class. The cost is \$60. (Maximum number of students is 10). Session ends April 6.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

VISION TRANSITIONS

Low vision doesn't have to mean "no vision." These free monthly meetings offer education and support for people with vision problems. Sponsored by the Prevention of Blindness Society, Vision Transitions meets one Wednesday a month at the Village Center and features talks by guest speakers. To register, call 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Margarita Babb, 301-656-8684, for more information.

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CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, Feb. 2 — Sounds East. Celebrate Mardi Gras a little early with a little Dixieland. Frank Brawner is the leader of this six-piece Dixie band, which performs standard jazz tunes along with music associated with leaders of the big band era. Brawner handles the vocals along with sax and clarinet, and he is a terrific entertainer. Along with him are a trumpet and trombone on the front line backed up by a rhythm section of piano, bass and drums. Brawner founded this band about 10 years ago after performing as a band leader for the U.S. Army in Asia and locally at Fort Belvoir.

Wednesday, Feb. 9 — Spice of Life. Spice of Life is a three-piece vocal group that enjoys performing a wide range of music—hence their moniker! Using all original arrangements, they create a unique listening experi-


ence. Through their 10 years together they have performed show tunes, big band sounds and a little bit of rock and roll. Their sound ranges from Bach to the Beatles to almost everything in between. Spice of Life features Barbara Strang, Stu Knazik and Mark Hanak.

Wednesday, Feb. 16 — The May Knott Trio. May Knott is a jazz singer who has performed in clubs, concerts, with combos and big bands. Her repertoire includes standard pop songs and American jazz standards. This piano-bass trio features May on vocals.

Wednesday, Feb. 23 — Kristin Jepperson. Join us for an evening of relaxing and soothing sounds with this harpist and vocalist who has toured nationally and has appeared locally in concerts as well as theater productions.



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TO YOUR HEALTH

What do the new blood pressure guidelines mean?

As you may know, the recommendations for normal blood pressure figures have been lowered recently. Does this mean that 120/80 is now high? Which number is the most important when calculating risk? Dr. Brian Healy will explain what all this means to you at February's Suburban Health lecture on **Wednesday, Feb. 9, at 1 p.m.**

He will talk about healthy lifestyle changes to help control your blood pressure and describe some of the new drugs that are on the market to reduce blood pressure.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.



February's Vision Transitions

The title of this month's Vision Transitions discussion, on **Wednesday, Feb. 16, at 1:30 p.m.**, is "Getting to the Heart of It: Tips for Coping."

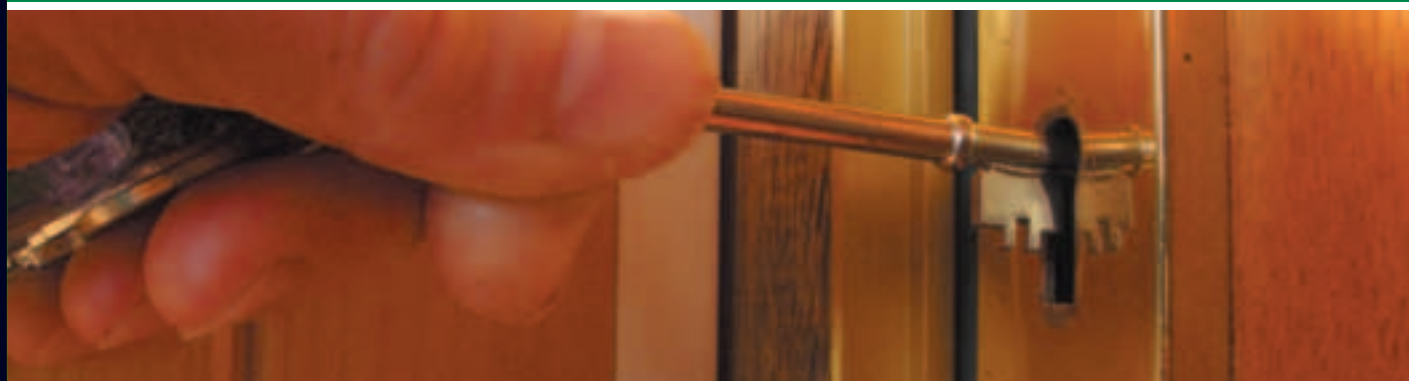
Vision Transitions offers free monthly education and support for people with vision problems and is sponsored by the Prevention of Blindness Society.

To register, call the Center at 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit **www.youreyes.org**. Refreshments will be served. All are welcome.



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Cafe Muse presents...

This month's Café Muse, on **Thursday, Feb. 17, at 7:30 p.m.**, presents poets Lavonne Adams and Judith McCombs.

Lavonne Adams is the recipient of the 2004 Randall Jarrell/Harperprints Chapbook Award for *In the Shadow of the Mountain* and the 1999 Persephone Poetry Award for *Everyday Still Life*.

Judith McCombs's work appears in *Calyx*, *Nimrod* (a Neruda award), *Poet Lore*, *Poetry*, *Poetry Northwest*, *Potomac Review* (Poetry Prize), *Prairie Schooner*, *Prism*, *Sisters of the Earth*, and elsewhere. *The Habit of Fire: Poems Selected & New*, is her seventh book.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has published contemporary and sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

Violin Recital at the Center

Join us on **Saturday, March 5, from 1 to 1:45 p.m.**, when we welcome Aneil Baron for a special violin recital at the Village Center. Aneil is an 18-year-old senior at Georgetown Day School who has been playing the violin for eight years through the Levine School of Music. He has been a member of the Levine Honors Program for more than three years. He attended New England Music Camp and was named an honor musician in 2003. He has played with the Montgomery County Youth Orchestra and the American University Symphony Orchestra. His program will feature Mozart's 'Concerto in A Major,' Tchaikovsky's 'Concerto in D Major Op. 35,' Mendelssohn's 'Concerto in E Minor Op. 64, Beethoven's 'Romanze Op. 5,' and Pablo de Sarasate's 'Zigeunerweisen.

The Academy Award post-game show

Who chooses the Oscar winners? How do they vote? How do they watch all those movies? The night following the Oscars, Murray Horwitz, Director and Chief Operating Officer of American Film Institute Silver Theatre and Cultural Center, will share with us his experiences as an Academy Awards judge. Join us **Monday, Feb. 28, at 7:30 p.m.** Please call 301-656-2797 to register.



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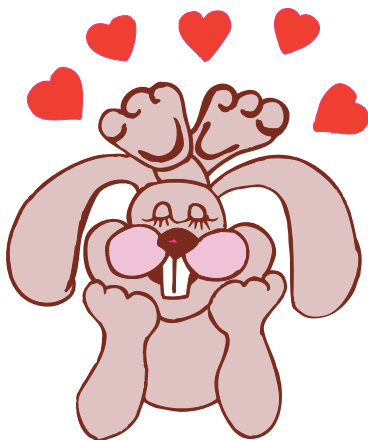
Special Tea and Concert

Let the spirit of Valentine's Day linger a little longer as we celebrate that amorous day with a special tea and concert on **Tuesday, Feb. 15.**

Join us for tea, fresh fruit, and an assortment of sweet treats at 3 p.m., then stay for an afternoon of romantic melodies by the Silver Strings Quartet.

Led by Audrey Maxwell, this group is a favorite among Friendship Heights audiences.

Both the tea and concert are free, but please call the Village Center at 301-656-2797 if you plan to attend.



'When the sap begins to stir'

A sign that spring is almost here is the start of maple-sugaring season. Park rangers will demonstrate the process from sap to syrup when we travel to Cunningham Falls near Thurmont, Md., for the annual Maple Sugar Festival on **Saturday, March 12.** Here is a chance to watch an old American custom and spend some time outdoors. A pancake breakfast (on your own) will be served as long as the provisions hold out. The cost is about \$5 for pancakes, sausage and a drink. There will also be live music and crafts and stories for children.

There is not a lot of walking involved, but the ground may be uneven. Children five and older are welcome if they are accompanied by an adult. The cost of the trip is \$18, which covers transportation, admission to the park, and driver gratuity. Residents may sign up immediately; nonresidents may sign up Feb. 7. There are 30 spaces available.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
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Chevy Chase, Maryland 20815

Check out our website:

www.erols.com/friendshiphtsvillage

e-mail: friendshiphtsvillage@erols.com

phone: 301-656-2797

February 2005 events calendar